

The dawn of "More Bread and Better Bread" arrived the day the sun first shone on

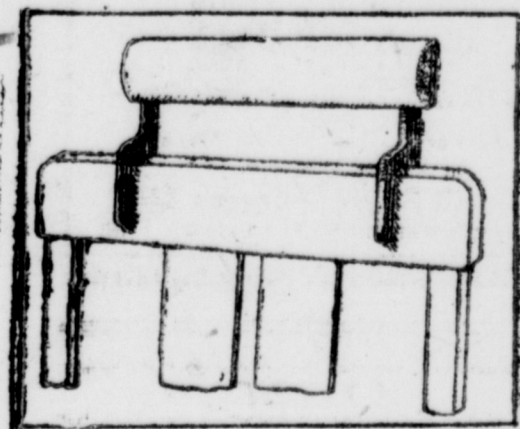
PURITY FLOUR

10 years of better home-made bread.

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HEAD-REST FOR SEWING CHAIR

Many sewing chairs which women use are uncomfortable, despite the fact that they are low and easy



In many respects. One of the greatest troubles with these chairs is that their makers put too short a back on them and there is, therefore, no place where the person occupying them can rest her head.

It is right and proper that everything possible should be done to make the home comfortable, and one of the things that can easily be done is to put a headrest on the low-backed chair so that when mother finishes her evening tasks she can sit in the little pecker and rest herself in perfect contentment.

This headrest is detachable and can be put on any chair. The size of the finished product and the material which is used to make it can be regulated by the necessities of the occasion.

The general shape and character of the rest is shown in the sketch. The cross piece should be upholstered, but this will not be difficult, the whole thing being of very simple construction.

CHICKEN FEEDING

They Can Look After Their Own Wants With This Apparatus

Many amateur chicken farmers are tied down to the home for fear the chickens will have to go hungry if there is no one around to feed them. One brainy chicken farmer devised this fountain feeder which the chickens operate. His chickens have food when they want it, and never is there too much left on the ground to get mouldy and cause ill-health among the flock, and never an evening is there any grain on the ground to tempt rats.

The device is a galvanized iron supply fount which is filled with grain



and which has at its base a revolving wheel mounted on extremely sensitive though very strong and durable bearings.

A light shaft extends down from this wheel to a cylinder made of wire

mesh. This cylinder is filled with grain also, but the mesh is so close it cannot fall out. The machine is so invented that the cylinder is just the height of a chicken's head. The chickens see the grain in the cylinder and peck at it. The slightest touch on the cylinder causes the wheel in the fount to revolve and this throws out grain against an inverted cone which scatters it over the ground. As soon as the wheel stops revolving, and the weight of the grain stops it very quickly, the supply is shut off until another chicken pecks at the cylinder.

Shoe-string Tips

The loss of the metal tips to shoe laces causes no end of annoyance when it is necessary to lace the shoes by passing them through eyelets and as most children's shoes have eyelets such annoyance is pretty general. This can be obviated by securing a piece of fine wire two inches long and passing it through the lacing about



half an inch from the end. The wire should then be twisted around the lacing as far as the cloth or leather goes and then twisted together, the ends being buried in the twist. Treat each end this way and a metal tip is given to the lacing that cannot come off.

WOOD FUEL VS. COAL

Comparisons by Government Expert Value of Various Varieties

The fuel value of two pounds of wood is roughly equivalent to that of 1 pound of coal. This is given as the result of certain calculations made in a Government forest service laboratory, which show also about how many cords of certain kinds of wood are required to obtain an amount of heat equal to that in a ton of coal.

Certain kinds of wood, such as hickory, oak, beech, birch, hard maple, ash, elm, locust, longleaf pine, and cherry, have fairly high heat values and only one cord of seasoned wood of these species is required to equal one ton of good coal. It takes a cord and a half of shortleaf pine, hemlock, red gum, Douglas fir, sycamore, and soft maple to equal a ton of coal, and two cords of cedar, redwood, poplar, catalpa, Norway pine, cypress, basswood, spruce and white pine.

Equal weights of dry, non-resinous woods, however, are said to have practically the same heat value regardless of species, and as a consequence it can be stated as a general proposition that the heavier the wood the more heat to the cord. Weight for weight, however, there is very little difference between various species; the average heat for all that have been calculated is 4,600 calories, or heat units, per kilogram. A kilogram of resin will develop 9,400 heat units, or about twice the average for wood. As a consequence, resinous woods have a greater heat value per pound than non-resinous woods, and this increased value varies, of course, with the resin content.

The available heat value of a cord of wood depends on many different factors. It has a relation not only to the amount of resin it contains but to the amount of moisture present. Furthermore, cords vary as to the amount of solid wood they contain, even when they are of the standard dimension and occupy 128 cubic feet of space. A certain proportion of this space is made up of air spaces between the sticks, and this air space may be considerable in a cord made of twisted, crooked and knotty sticks. Out of the 128 cubic feet, a fair average of solid wood is about 80 cubic feet.

FARM FOR PROFIT

Wheat. What About Your Side Line?

A farmer writes: The farm without a side line is not, practically speaking, a good farming. The man who has nothing to sell but "just wheat" may make good money for a time, but if he thinks he is selling wheat alone he is wrong, for he is also selling the farm, unless he is purchasing some one else's fertilizer, and I think you would travel a long way in this country to find the man who would do this. I have lots of side lines but some of which are on a very extensive scale, really each line can be considered very small, yet each one is worked so as to bring in good prices, and we do not market these unless we get a good figure. There is always a time nowadays when farm products will fetch a good figure, in fact what is generally considered a fancy price.

Take the larger items into consideration, such as live stock. Usually a man must have a good big bunch, in fact, a carload to realize to the greatest advantage, but if a man will "catch his chance and his market, I can realize big profits on several head, yes, and even on one head, or he may co-operate with his neighbors and make up a good shipment. Wheat is my greatest product, but it is chiefly grown and sold for seed; therefore, has to be cleaned, and gives me more chicken feed than I can use for my own poultry. This I keep till the following summer and invariably get a good price.

Oats are always a special crop and by growing these on good ground I always have choice seed, of which I have never been able to supply enough to meet the demand. So with the barley, but it is not as profitable as oats except as feed on the farm. This generally leaves lots of feed for home use, and a few cattle and hogs well fed will make big returns out of the screenings and any surplus feed. I aim to get my steer or steers shod right along to be in extra good shape at two and a quarter years old, and kill them myself. Good, fat, young heaves will always bring top notch prices either in country or town. People will, or rather do, prefer it off the farm in preference to purchasing it from the butcher's shop, that is, those that can purchase by the quarter. With hogs, no matter how much more meat I have than is required for home consumption, I kill them at home and make the most of it into bacon, and it is very seldom that I have enough to supply demand at a high figure. It is much better, as a general rule, than what is found on the butcher's counter, and as it will keep indefinitely I hold it until I get my price. We sell eggs when these are a good or fair price, and eat them when too cheap, and usually have some for winter market.

WAR CHANGES MIGRATION

Migratory Habits of Birds Changed Since War

A French correspondent writes: War has made great changes in the habits of European birds. A convoy of pheasants heralded the naval battle of January 24, 1915, and pheasants have also been known to give warning of Zeppelin raids over the eastern counties of England. In normal times nearly all birds of passage used to pass over France on their way north or south, but the thunder of the guns has changed all this. The route taken by woodcocks leaving England for warmer climes is across the Channel into Brittany, and Landes to the Pyrenees, and as these birds do not have to cross the war zone, they have kept to their old route throughout the hostilities, but their brethren from Scandinavia and Holland, who used to fly by way of the Alsne and the mud lakes of Champagne, now make a long round by sea and do not touch land until they arrive off the coast of Brittany.

Snipe from Russia and Poland wing their way for sunny climes by way of the western coast of the Black Sea to gain the Bosphorus, or else cross Greece and Roumania. German and Danish snipe go south by way of Italy, and the thrushes escape the shrapnel of the front in France by crossing Switzerland and making for Italy. The wild ducks of the eastern counties of England, which used to fly over the North Sea, have also a horror of battles, and now fly north, then west, and then south, skirting the coast of Ireland.

The calendar of the migrations, which for the past generations has been religiously kept, has since the war become more elastic, and some birds, such as the martins, have renounced their return journey to the north and remain in Tunis rearing their young. Owls show no fear of artillery and remain in close proximity to the trenches, which they help to keep clear of rats and mice.

Mental Grasshoppers

Many of us waste fully one-fourth of our time and energy by constantly breaking away from the particular thing we are doing, to do or start something else—to return in a moment or so to finish what we left. We jump—mentally, physically, or both from one idea to another and back again all day long. In most cases this habit can be corrected, it is nothing more than thoughtlessness. And it should be corrected for such persons in office or shop are not only inefficient but have a tendency to disturb others. They are nothing more than grasshoppers.

In the Afterwards

We draw much of the joy of life, as well as much of its sorrow, from the past, and every deed has not only its present, but its afterwards. When we wish to have done with it, we are not always successful. We may bury it deep and do our best to hide it with stone and seal, but we cannot assure ourselves against a resurrection. If when temptation comes some alluring prospect of pleasure or success, or the wave of fear and discouragement that urges to a desperate step—we would pause to think how the deed will look to-morrow, we should be saved many a bitter regret. The artist who paints a picture moves here and there to get the best viewpoint, and the picture we are painting into our lives calls for equal care. How will they look in the light of the afterwards?

Finger-nail Facts

No two finger-nails on a person's hands grow at the same rate. The nail on the middle finger grows faster than any other, while the thumb-nail is the slowest growing nail. As a rule, the nails on the right hand grow faster than those on the left. The state of one's health, too, affects the rate of growth. The nails on invalid's hands grow considerably faster than on the hands of a healthy person. Taken on the average the rate of growth is 1/8 in. a month, or from 1 in. to 1 1/2 in. a year.

Fire Cost To Loggers

The ordinary fire on a logging job does not destroy a chute—it about half destroys it. Repairs can be figured at \$750 per mile of chute burned over. The most serious single equipment loss is the burning of a main line railroad trestle. It means that the main artery of the wood work is cut and the product of all work must stand still until the damage is repaired, at a cost of \$3.50 per running foot of trestle burned.

The Office Boy

An office boy, though he may wear knickerbockers, has the same ambitions, the same pride and the same loyalty as is possessed by his elders. A wise recognition of the fact that he is human will increase his value to himself, his associates and his employer without unduly enhancing his egotism.

Feed Grit With Oats

While it is best at all times to have good, sharp grit constantly before the fowls, it is especially important that grit be supplied when feeding whole oats so that the husks of the oats, which are very tough and unyielding, will be properly ground. With plenty of sharp grit there is no danger attending oat feeding, although the safest rule is to first soak the oats for an hour in water so that they may become more softened.

In planting sweet corn it must be remembered that too close proximity of ordinary field corn may result in cross-fertilization.

CLEVER ADVERTISING SIGN

Whirling Electric Lights Call Attention to Placard

An ingenious form of advertising display has been patented by a Western man. An upright has a projecting arm which carries a cross bar and an x-shaped frame. On each end of the bar is an incandescent lamp and the frame is designed to support an advertising placard. When the current is applied the bar revolves and the lights whirl around at a great pace, surrounding the placard with a



COLORLED LIGHTS ADD TO EFFECT

flery circle that is bound to attract attention and that also illumines a good part of the window about it. To add to the effect colored lights may be used. The cards, of course, are inexpensive to make and can be changed daily easily and often if desired. Furthermore, by using a time switch a merchant may leave his store at 6 o'clock in the evening with the whirler in operation and at a predetermined hour the switch will turn off the power.

LETTER DUPLICATOR MADE AT HOME

There are very few people who have not at one time or another been required to send out club notices or form letters to fifteen or twenty people and exhausted both air strength and patience in writing all the letters required. Usually the number of letters to be sent would not seem to warrant the expense of obtaining a hectograph or duplicator.

And such an expense is not warranted. A very serviceable hectograph can be made that costs little or nothing. One ounce of ordinary gelatine should be soaked over night. The water is poured off in the morning. Six and a half ounces of glycerine are then heated in a water bath to a temperature of 200 degrees and the gelatine added.

This gives a clear glycerine solution of gelatine. The mass should be poured into a shallow tray or pan until it is nearly level with the edge of the receptacle. A cover should then be placed over it—but not so it will touch the top of the composition—and the mass allowed to set six hours. It will then be ready for use.

Make copy for your letters with an aniline ink—a good one can be made



with methyl violet two parts, alcohol two parts, sugar one part, glycerine four parts and water twenty-four parts. The violet should be dissolved in the alcohol and mixed with the glycerine, and the sugar should be dissolved in the water and then the two solutions mixed.

Write the copy clearly with this ink. Dampen the surface with your gelatine mass slightly with a wet sponge and lay the copy, face down, being careful to exclude the air bubbles from the surface. Leave it a minute and then raise one corner and pull it off. The inscription on the paper will remain on the surface of the gelatine and as many as fifty copies can be made from it by laying plain paper over it and smoothing it down. When through wipe off the ink from the surface of the gelatine with a wet sponge and it can be used for another letter. If the gelatine becomes hard heat it and pour it over again.

EDMONTON LAND SCHEME

Loans to Supplement Services of Banks to Farmers

The Edmonton board of trade have adopted a scheme for land development. The principal difference between its recommendation and most of the other schemes is, explains Mr. T. Fisher, secretary of the Edmonton board, that the recommendations put forward by his board were formulated by a committee, the members of which have given long study to these matters and are equipped with a practical working knowledge and extensive experience regarding these problems, gained where the schemes are expected to be applied. One of the recommendations made is for a loan scheme designed to supplement the service which the chartered banks and loan companies are able to afford. This matter is approached by the committee much more conservatively and with a much keener sense of the difficulties in the way, than by the advocates of numerous farm loan schemes which have been put forward. While the committee had a keen realization of the fact that cheap money for our farmers is highly desirable and would tend to promote increased agricultural production, they also realized that neither the ordinary laws of supply and demand nor the accumulated experience as to what constitutes sound financing, can be set at naught by an act of a Legislature.

India's Tailor Bird

The tailor bird of India, a tiny yellow creature, makes a most curious nest. To escape snakes and monkeys this bird takes a dead leaf, flies up into a tree, and, with a fibre for a thread and its bill for a needle, sews the leaf to a green one hanging from the tree, an opening to the nest thus being left at the top. The leaf, apparently hanging from a twig, would never be taken for a nest.

Memorick Cows

Did you ever notice that cows suffer from homesickness? Don't you think you have been cheated if the cow you purchased cow falls away in a few days?